

## How the Whole Family Can Stay Active at In-Shape Family Fitness



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Staying active is important for the whole family. While you might already have an interest in fitness and exercise, you can help your family keep their bodies moving by encouraging them to join in on the fun at In-Shape Family Fitness. In-Shape Family Fitness offers a selection of [gyms in Visalia](#), Brentwood, Stockton, and throughout California. Here's how everyone in your family can stay active at In-Shape Family Fitness.



### **Mom Can Perfect Her Tennis Serve**

Is Mom ready to improve her tennis swing? Sign up for In-Shape Family Fitness and join a tennis class. With the summer season starting, it's the perfect time for some outdoor tennis play, but if she's not interested in the tennis racket, there's always pickleball. Pickleball is a popular sport the whole family will enjoy, so if Mom isn't ready to play singles in tennis, she can jump into a game of pickleball with the In-Shape Family Fitness community.

### **Dad Can Practice His Butterfly Stroke**

During the summer season, Dad can reserve a lane at an outdoor pool at one of In-Shape Family Fitness' premium locations. There are indoor and outdoor pools at some of the [gyms in Stockton](#) and sprinkled in other cities in California. It's the perfect place to swim laps, join a class, or bring the family for a bit of free time outside of your workout.

### **Little Ones Will Love the Kid Zone**

If you need time to work out without having to hire a babysitter, your kids can have some fun in the Kid Zone. This area is a safe space for you to leave your children in the care of In-Shape Family Fitness team members. Your littles will be able to run around, get some wiggles out, and meet other mini In-Shapers while you head to your class, hit the cardio area, or explore the weight room. Additionally, In-Shape Family Fitness also offers child care services for younger children, toddlers, and babies in a different area.

## Teens Can Prepare for Tryouts

After 12 years old, teens need to have their own membership to visit In-Shape Family Fitness' [gyms in Brentwood](#), Stockton, Visalia, and any other locations. It might be worth it if your child is interested in fitness and exercise or if they're training for a school sport. In-Shape Family Fitness features a welcoming environment for everyone. If your teen is just getting familiar with gym equipment, you can show them the ropes and help them become more comfortable with their surroundings.

## Grandparents Will Love the Senior Classes

In-Shape Family Fitness also offers classes for seniors. Grandparents can join In-Shape Family Fitness to help them maintain muscle strength and mobility through seated and standing classes. During the summertime, there are also low-impact aqua classes that are a fantastic option for seniors who like the water.

Regardless of how many people are in your family, they can all enjoy the benefits of joining In-Shape Family Fitness. From membership deals to accessible locations and studio fitness classes, In-Shape Family Fitness makes it easy for people of all ages to stay active and have fun.

Explore all of In-Shape Family Fitness' excellent amenities at <https://www.inshape.com/>

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